



smokershelpline.ca  
1 877 513-5333

Phone Support



Online Program



Text Messaging



CONNECT TO QUIT

**Smokers' Helpline** has proven tips and tools to help you quit tobacco use and increase your chance of being successful. For free, personalized and non-judgmental support, advice and information, connect to quit today:

### Call toll-free 1 877 513-5333

Monday to Thursday: 8 a.m. – 9 p.m. EST  
Friday: 8 a.m. – 6 p.m. EST  
Weekends: 9 a.m. – 5 p.m. EST

Ready to talk about quitting? Call a Quit Specialist for free, confidential, one-to-one support.

#### Quit Specialists can help with:

- making a quit plan
- coping with cravings
- quitting methods
- withdrawal symptoms
- managing stress
- finding available services and resources

### Register online smokershelpline.ca

Free 24/7 access to a supportive community and self-help program.

#### Features include:

- discussion forums
- your own "Quit Meter" that provides personalized feedback about financial and health gains
- "Quit Buddies" instant messenger service
- inspirational e-mails

### Sign up for text messaging smokershelpline.ca

Interactive text support with helpful messages for up to 13 weeks, depending on your quit date. (Standard text messaging rates apply).

#### Features include:

- evidence-based messages to support you
- option to choose a message schedule
- keywords to text back for additional support

All services are available in English and French. Interpreter service is available by phone in over 100 languages. **Smokers' Helpline** is operated by the Canadian Cancer Society in support of Smoke-Free Ontario.